

# December Bathroom Banter

## DEER OAKS EAP

### Take the High Road + Other Services

With the holiday season in full swing you may have a bit too much to drink one night and you shouldn't get behind the wheel. Our friends at Deer Oaks EAP have a program called "Take the High Road" that will reimburse you for an Uber, Lyft, or taxi ride home for doing the right thing.

All you have to do is take a picture of your receipt with ride of no more than \$45.00 not including tip, and you have 60 days to submit it to Deer Oaks. If you call the Toll Free Hotline at 1-866-327-2400 they will guide you through your reimbursement.

Deer Oaks can also assist this holiday season if you need someone to talk to for any reason. They are available 365 days a year, 24/7. They are also available if you need some assistance legally or financially. They even offer life coaching. Take advantage now!

## BCBS HEALTH COACHING

### The Health Experts

Are you ready to change your lifestyle and become the best you you can be? Then it's time to chat with the experts!

- Work 1-on-1 with a BCBSTX health coach
- Gain tips, advice and encouragement
- Gain control of your health journey

It's time to reach out today!

If not today, then when?

Take the next step and call a health coach!

Anabel Chavez: 210-558-5115

Keith Thibodeaux: 210-558-5147

# COSA Well

## WELLNESS WORKSHOP

Say YES to Positivity, Say YES to  
Mental Health



The holidays are here and it's all about family gatherings and cheer. For others, holiday season means Seasonal Affective Disorder (SAD) or even burnout. This month's wellness webinar will dive in and explain SAD, determine symptoms, and learning how to manage SAD this holiday season. We will also discuss how to recognize burnout and provide lifestyle tips that can help reset and get back on track to prepare for the upcoming year.

**THURSDAY  
DECEMBER 9  
1-2 PM**

Sign up Today!



## HAPPY HOLIDAYS

Peace, Love and Joy

Happy Holidays COSA Family!

Hope you have a safe and loving holiday season this year!



Happy  
Holidays!



# Wellness@sanantonio.gov

## HEALTHY RECIPE

### Peppermint Bark

This healthy peppermint bark recipe is a delicious alternative to those two bite brownies, snickerdoodle or chocolate chip cookies! It's an easy recipe that's Gluten-Free, keto, and Paleo.

Prep: 30 MIN | Cook: 10 MIN | Total: 40 MIN

Recipe Creates 30 Servings

#### For the Dark Chocolate Layer:

- 2 cups full fat Greek yogurt
- 1/2 cup pure maple syrup divided
- 1 1/2 tsp peppermint extract
- 1/4 cup plus 1 tbsp dark cocoa powder

#### For the White Peppermint Layer:

- 2 cups full fat Greek yogurt
- 1/4 cup pure maple syrup divided
- 1 tsp peppermint extract
- 1/2 tsp vanilla extract



#### Instructions:

- For dark chocolate layer, in medium bowl combine portions of yogurt, cocoa, maple syrup & peppermint extract. Stir to combine.
- Spread chocolate mixture out onto a rimmed baking sheet lined w/parchment paper.
- Transfer to freezer for 30 minutes.
- For white layer, in medium bowl combine remaining Greek yogurt, maple syrup, peppermint extract, and add the 1/2 tsp vanilla extract. Stir to combine.
- Spread white layer over the frozen chocolate layer and return the baking sheet to the freezer.
- Freeze for 3-4 hours, or until solid.
- When completely frozen, break into bite-size portions using your hands.
- Store in the freezer in an air-tight container for up to 2 months.